

June Fremont Senior Center Gazette 2012



June Birthday Party

Friday, June 8th @ 1:00
Entertainment by

THE FREMONTAIRES



Join us after lunch for great music with The Fremontaires. They will play songs that will make you want to sing along and you'll feel like you've been to the Islands. Bring a friend or make some new ones and sing along! After the performance, we'll enjoy birthday cake, ice cream, and coffee. Prizes will be awarded to June birthday celebrants.

Cake provided by Roses' Mortuary and special gift certificates by the Builders Fund. Thanks, also, to Fremont Hills Assisted Living & Acacia Creek for birthday gift donations.



AT THE SENIOR CENTER???

**TUESDAY, JUNE 12th,
10 am - 1 pm**

Did you get a tablet, iPad, or laptop from your kids??? Curious on how to use them? Wondering how to use the internet? Need a little tutoring on tips that will make things more efficient on your computer? **EMPLOYEES FROM GOOGLE WILL BE AT THE SENIOR CENTER** to answer your questions! This event is sponsored by GOOGLE and Hands On Bay Area!

Google, Computers & Skype,
oh my?!?!?



"INTERNETTING FAMILY" The Senior Center has an introductory class for Computer "newbies". You will receive one on one tutoring on how a laptop works from how to turn the computer on to how to use the keyboard.

For those who are already familiar with computers but need help in "browsing", researching, email, sharing photos with friends and family....and more! **Internetting & Emailing Session 2**

The next class starts on **June 14th!** Sign up in the office (Class size is limited and placement priority is given to current FSC members)

COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT	574-2050
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Help Line - Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2041
Senior Peer Counseling.....	574-2041
Caregiver Support Program.....	574-2041
LIFE ELDERCARE	574-2090
Meals on Wheels.....	574-2092
Fall Prevention Program.....	574-2087
Friendly Visitor Program.....	574-2097
Travel Escort Program (VIP Rides).....	574-2096
AFGHAN ELDERLY ASSOCIATION	574-2059
ALAMEDA COUNTY WEBSITE ...www.alameda.networkofcare.org	
AL-ANON HOTLINE	276-2270
ALZHEIMER'S ASSOCIATION HOTLINE	1-800-660-1993
ALZHEIMER'S SERVICES OF THE EAST BAY	888-1411
BACS ADULT DAY CARE CENTER	656-7742
COMMUNITY HEALTH RESOURCE LIBRARY	494-7030
EAST BAY PARATRANSIT	1-800-555-8085
HEALTH INSURANCE INFORMATION SERVICE	1-800-770-9447
HOUSING ASSISTANCE (FREMONT OFFICE OF HOUSING & REDEVELOPMENT).....	494-4500
LEGAL ASSISTANCE FOR SENIORS	1-800-393-0363
MEDICARE	800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP)	01-800-393-0363
TRI-CITY HEALTH CLINIC	770-8133
SENIOR LIBRARY SERVICES	745-1499 or 745-1491
SENIOR CENTER WITHOUT WALLS	1-877-797-7299
SOCIAL SECURITY	1-800-SSA-1213
TRI-CITY ELDER COALITIONtceconline.org or	574-2030

FIT FOR LIFE

Thursdays
8:15-9:15 a.m.

Free for first time users!



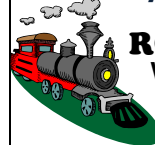
Have you checked out the seniors in Wing A on Thursday mornings? Take your fitness routine to a new level and have fun doing it! Class is offered at "moderate intensity" and intended for those 55+. You will see how your condition will change! Silvia is a certified fitness instructor specializing in older adult exercise with **Generations Wellness**. **Free for first time users!!!** See office for details. This class is partially funded by Kaiser Permanente.



Zumba Gold® COMING MID JUNE!!!!

Join the party and have fun while getting more fit to zesty Latin music like Salsa, and paced to suit the needs of the active older participant. See office for details and registration.

Trips, Trips, Trips!



ROARING CAMP Wed, June 13th

**\$83 members
\$88 non members**

Hop on the Roaring Camp Beach Train and travel through redwoods down to Santa Cruz beach for lunch at Michaels on Main Street, then over to the quaint village of Capitola before heading back to the senior center.

Les Miserables

Wed, August 1, 2012
\$100 (m) \$105 (nm)



Sign up NOW for your orchestra seats at the Orpheum Theater in San Francisco and catered lunch at the Fremont Senior Center. Price includes orchestra seat tickets, lunch, motor coach transportation and gratuity.



CELBRATE CULTRAL DIVERSITY!

**15th Annual INTERNATIONAL
FOOD FESTIVAL
June 6th @ 12 noon**



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2050 or (510) 574-2040.